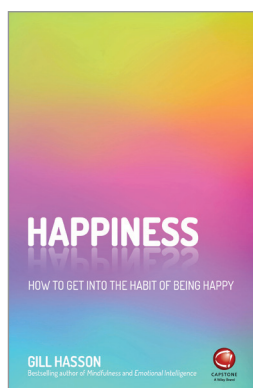


SELF CARE

Prioritize Your Wellbeing



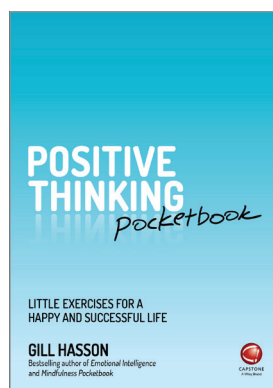
BE MORE POSITIVE



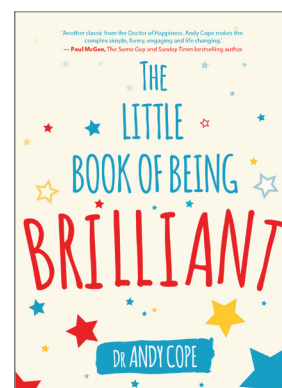
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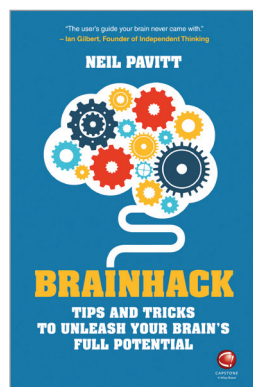


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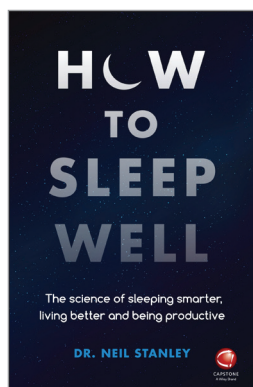


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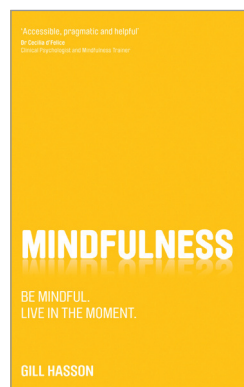
CLEAR YOUR MIND



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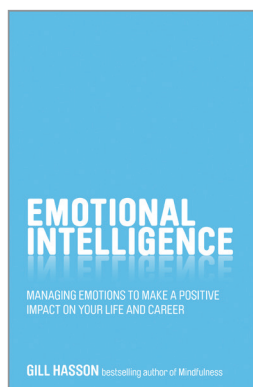


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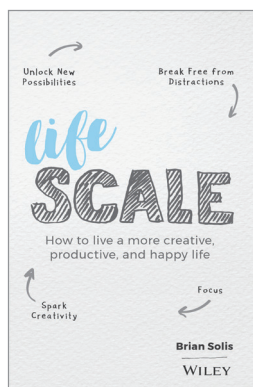


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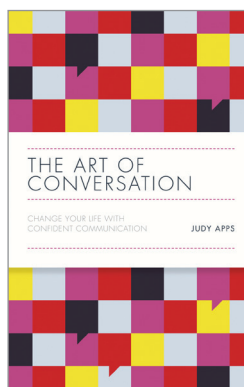
TAKE CONTROL OF YOUR LIFE



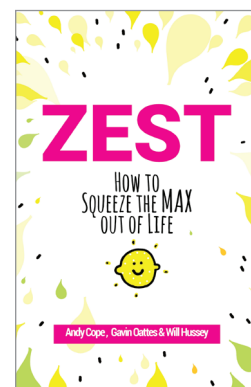
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SELF CARE



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Happiness - How To Get Into The Habit Of Being Happy	Hasson	9780857087591	Aug-18	P	184	\$16.00
How Not To Worry - The Remarkable Truth Of How A Small Change Can Help You Stress Less And Enjoy Life More	Mcgee	9780857082862	Apr-12	P	252	\$22.00
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Positive Thinking Pocketbook - Little Exercises For A Happy And Successful Life	Hasson	9780857087546	Jan-19	P	120	\$14.00
Real Confidence - Stop Feeling Small And Start Being Brave	Magazine	9780857086570	Jan-16	P	192	\$16.00
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The Art Of Being Brilliant - Transform Your Life By Doing What Works For You	Cope	9780857083715	Sep-12	P	216	\$18.00
The Little Book Of Being Brilliant	Cope	9780857087973	Apr-19	P	248	\$16.00
The Positive Cookie	Gordon	9781119430230	Oct-19	C	188	\$16.95

CLEAR YOUR MIND

Title	Author	ISBN13	Pub Date	Format	Pages	US\$
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Cognitive Behavioural Therapy For Dummies, 3rd Edition	Willson	9781119601128	Nov-19	P	416	\$24.95
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Overcoming Anxiety - Reassuring Ways To Break Free From Stress And Worry And Lead A Calmer Life	Hasson	9780857086303	Nov-15	P	200	\$18.00
Resilience - How To Cope When Everything Around You Keeps Changing	Webb	9780857083876	Feb-13	P	198	\$22.00
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Title	Author	ISBN13	Pub Date	Format	Pages	US\$
Emotional Intelligence - Managing Emotions To Make A Positive Impact On Your Life And Career	Hasson	9780857085443	Apr-14	P	208	\$17.95
Emotional Intelligence Pocketbook - Little Exercises For An Intuitive Life	Hasson	9780857087300	Feb-17	P	128	\$14.00
How To Deal With Difficult People - Smart Tactics For Overcoming The Problem People In Your Life	Hasson	9780857085672	Nov-14	P	208	\$18.00
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